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*"Helping you
put knowledge
to work"*

The NEBLINE®

July 1992
Vol. V, No. 8

University of Nebraska Cooperative Extension
Lancaster County

4-H Club celebrates 50th anniversary!

As the Happy-Go-Lucky 4-H Club of Bennet celebrates its 50th anniversary this month, members will be looking back at a half century of tradition and family involvement. But, the club's 45 members and 10 leaders will also be looking to the future as new members become involved in a wide variety of projects.

In 1942, Doyle Crawford of Roca gathered a group of five young people to form a "baby beef" club in that area. The Happy-Go-Lucky name came from a community club that had been active in the neighborhood in prior years. Charter members were Betty (Artist) Hough, now of Walnut, CA; Jim Buel, Eagle; Alvan May, rural Lincoln; Don Crawford, Roca; and Duane May (deceased).

One of the most vivid experiences for Alvan, Don and Jim was the trip to the 1942 county fair. Because the Lancaster County Fair ran back-to-back with the state fair, club members took their animals to the fair and camped out on the grounds for the entire time. Family members would travel to Lincoln every other day bringing a picnic lunch and leave the left-

overs for them to eat until the next lunch arrived.

Often the 4-H'ers would hire out to set stakes or do other work for the state fair carnival for what was then an astronomical fee of 70 cents an hour. The most memorable experience, though, was the night that heavy rains fell in Lincoln and the boys woke up to find six inches of water in their tent and trash floating by their cots.

During the early years of the club, members remembered the visits of County Agent Jake Purbaugh who would visit 4-H farms to tag cattle that would be shown at the fair. Since the calves were often not broken to halter until two or three weeks before the fair, the county agent often got more than he bargained for in conquering a reluctant animal. Other members recounted the fun when they joined other 4-H members and their families from all over the county at the Kiwanis picnic held in Lincoln.

Over the years, the Happy-Go-Lucky Club has had a strong family tradition. Parents often attended meetings along with their children in the early years and the



Happy-Go Lucky Club members Gregg Nisely, Brent Nisely, Randy DeBoer and Julie Wisse! at the 1974 Lancaster County Fair.

meetings were important social occasions for both generations. Many parents still attend meetings and have taken on the roles of project leaders as the club's interests have expanded.

Several families have had three generations of involvement in the club. One family involved today, the Gregg Nisleys, have been connected with the club for four generations. Gregg's grandfather, Bob Chambers, became a club leader in the 1950's after Gregg's mother, Carol (Chambers) Nisley had been a member. Gregg was a member himself and is now a beef project leader while his children, Melanie and Anthony, carry on the family club membership tradition. Several other families active in 4-H in Lancaster County have their roots in the Happy-Go-Lucky Club.

In addition to family involvement, the club has another long standing tradition in the Bennet Beef Show, held every year on the Saturday before county fair. This show started in the mid-1940's and drew a large interest even from the beginning. In fact, the 1949 annual report of the Lancaster

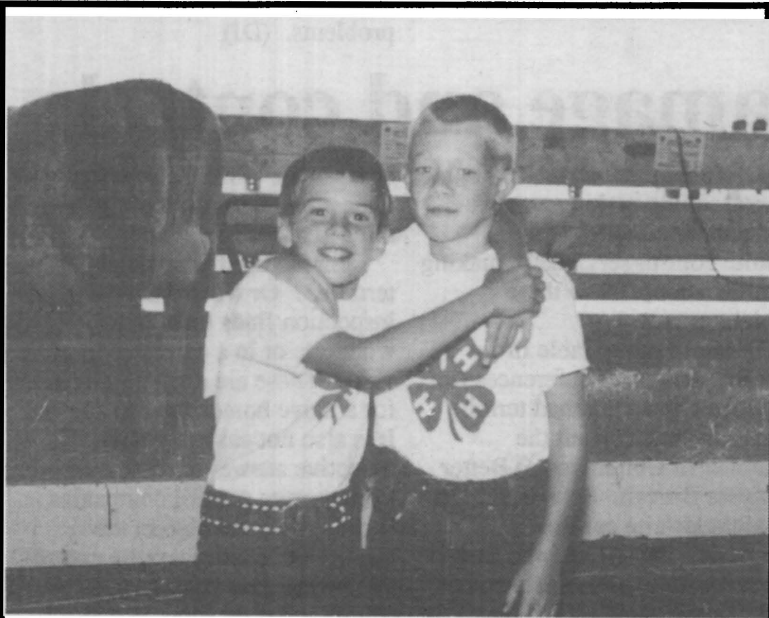
County Extension Service reported that the Bennet Beef Show was held on August 27 of that year with 175 people attending.

Through the 50 years of the club's existence, several people have taken on the role of leader for the group. Other leaders after Doyle Crawford moved from the area include Mike Buel, Bob Chambers, Clifford Etmund, LeRoy Ringland, Alvan May, Everett Wissell, Marvin Chambers, Ron Ringland, Dennis Roeder and current leader, Ron Dowding.

Hard work and involvement from many members and leaders have paid off for the club as they have been awarded the Wayne

Farmer trophy for the outstanding club in Lancaster County several times over the years, including 1946, 1962 and most recently in 1989 and 1990. The club has grown from five members taking only the beef project to 45 members taking a variety of projects, including beef, swine, sheep, cat, dog, poultry, veterinary science, gardening, woodworking, rocketry, photography, even fish and guinea pigs.

Although times and people have changed, the Happy-Go-Lucky Club still relies on a formula of tradition and family involvement to be a successful club in the 1990's. Here's to another 50 years! (MK)



Happy-Go-Lucky 4-H Club members Anthony Nisely and Shane King at the 1988 Lancaster County Fair.

Office Information:

Phone Numbers:

Office: (leave message after hours) 471-7180

After hours: 471-7170

Fax: 471-7148

NEBLINE Bulletin Board: 471-7149

Office Hours:

8 a.m. to 4:30 p.m., Monday - Friday



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Cooperative Extension
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444 Cherrycreek Road
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Lincoln, Nebraska

Happy-Go-Lucky 4-H Club 50 Year Reunion

All past or present members, leaders, parents, assistant leaders, and others, are cordially invited to attend a pot luck dinner at the Bennet Park on July 12 at noon, to celebrate the Happy-Go-Lucky Club's 50th anniversary. Each family is asked to bring a main dish and salad or desert, as well as it's own table service and lawn chairs. Any questions may be directed to Ron Dowding. (782-8051)





On-the-Grow

Horticulture News

Don Janssen
Extension Agent, Horticulture
Mary Jane McReynolds
Extension Assistant, Horticulture

Look ahead to fall garden

By planning and planting a fall vegetable garden it is possible to have fresh vegetables up to and even past the first frost. Many varieties of vegetables can be planted in mid to late summer for fall harvest.



Succession plantings of warm season crops, such as corn and beans, can be harvested until the first killing frost. Cool season crops, such as broccoli, beets, cabbage, cauliflower, kohlrabi, leaf lettuce, radishes, spinach, turnips, kale and collards grow well during the cool fall days and withstand light frosts. Timely planting is the key to a successful fall garden.

To determine the time to plant a particular vegetable for the latest harvest, you need to know the average date of the first hard freeze (for Lancaster County it is October 10) and the number of days to maturity for the variety grown. Count the days back from the frost date to figure your planting date.

When planting fall crops, prepare the soil by restoring

nutrients removed by spring and summer crops. A light layer of compost or a small application of fertilizer will prepare the soil for another crop. Dry soil may make working the soil difficult and inhibit seed germination during the midsummer period. Plant fall vegetables when the soil is moist after a rain, or water the area thoroughly the day before planting. It may also be beneficial to soak the seeds overnight before planting.

An organic mulch will help keep the soil cool. Mulching between rows can decrease soil drying. Irrigate when necessary so plants have sufficient moisture during the warm days. Some of the best quality vegetables are produced during the warm days and cool nights of the fall season. These conditions add sugar to sweet corn and crispness to carrots.

Look ahead to the fall garden, which offers its own satisfaction through its prolonged harvest of fresh vegetables, savings in food costs, and the knowledge that you are making full use of your gardening space and season.(MJM)

Humidity cause of turf disease

Brown patch and dollar spot are likely to occur shortly after the onset of warm, humid weather.

Brown patch, in its initial stages of development, can be confused with both dollar spot and summer patch. Individual lesions on infected blades are bleached, irregular in shape, and surrounded by a brownish-orange margin, very similar to those of dollar spot. The difference is that the dollar spot lesion encompasses the entire width of the blade whereas those of brown patch do not and are more irregular.

In an overall view, brown patch produces irregular circles in which the grass has been thinned. These circles are usually larger than those of summer patch and do not contain a center tuft of healthy grass but rather the healthy grass is thinly scattered within the circular area.

Any outbreak of either of these diseases in bluegrass turfs warrants the application of a fungicide. Tersan 1991 is labeled for brown patch, summer patch and dollar spot, but the rates and method of application are different for each disease. For brown patch and dollar spot, Tersan 1991 is applied as a foliar spray and not watered into the soil.

With summer patch, it is applied at higher rates and is drenched into the soil with about one inch of water.

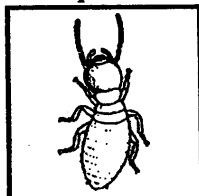
Due to the early stage of disease development, preventative rates can be used on most lawns, however, if either disease is already present in the lawn, curative rates should be applied. (DJ)

GARDEN
GOSSIP HOTLINE 471-7179
Accessible from any phone

Take care of outdoor plants

Houseplants that are put outdoors during the summer need weekly care. Be on the lookout for insects and disease. Dew formation may result in disease spore germination. Be prepared to

spray and be sure adequate air movement occurs around the plants. If disease is a problem, select a site where plants receive early morning sun. (DJ)



Subterranean termites are destructive wood-eating insects and cause homeowners frustration and expense when active nests are found in their houses. This can be especially troublesome when selling a home as

Nebraska homes must be certified to be termite free before a house is sold.

Because subterranean termites nest in the soil and need protection from the elements, when they invade your house they build mud tubes over exposed foundations and travel through these tubes to wooden structures in your house. The presence of these dried mud tubes is solid indication that you may have a termite infestation in your house. Because of the shorter distance from the ground to the wood framing, houses that are built on a concrete slab provide easier access for termites to enter the wooden structure. Another sign of a termite infestation is when winged adults swarm in spring (mid-April in Nebraska) or fall, and flying termites are found inside the house. Swarming termites are dark brown, have two pairs of nearly equally sized wings and are weak flyers.

Wood damaged by termites may not be conspicuous because termite tunneling occurs inside the wood and a mere wooden shell may cover the damaged wood. Damaged wood can be penetrated with a screwdriver or an ice pick, revealing mud tubes lining wood tunnels in an irregular pattern.

Places to inspect for termite activity are wooden constructions in basement and crawl space, wood sills, joists, support posts, basement window frames and wood under porches. Scrap wood on the ground (or a woodpile) next to the house should be removed as these potential feeding areas may allow termites easier access to your house. Termites may also be found in dead trees or wood stumps after a dead tree had been removed.

What should you do if you find termite activity? **DO NOT PANIC!** Termites damage wood slowly; it takes from three to eight years for significant damage to result from a termite infestation in Nebraska, because our cold winter months reduce termite activity. Do-it-yourself termite control is possible using chlorpyrifos insecticide concentrate, but because of the difficulty of doing a thorough job and the risks associated with an improper treatment, we recommend

professional treatment. Do not be pressured into making a quick decision about purchasing a termite control service. In making your decision, follow these guidelines:

1. Deal with reliable firms. Ask for, and check references (i.e., previous clients that had termite treatment) and consult the Chamber of Commerce or Better Business Bureau. Be wary of fly-by-night termite control companies. Make sure the firm is insured with liability insurance.

2. Comparison shop. Get several inspections, opinions, and estimates. Treatment estimates may be highly variable and may differ by over \$1000 between the companies. What is important is not necessarily the total dollar figure, but what will be done for the cost. It is important that you understand enough about the treatment so you will get the most for your money.

3. Get a written report detailing: 1. whether an active infestation is present, 2. where the infestation (damage) is located, 3. what structures/areas will be treated and how, 4. what insecticide(s) and rates will be used, and 5. any warrantee or limitations to the treatment. Read the proposals carefully. Use these reports to compare termite control

companies. Also, be sure that you understand what your obligations after treatment might be.

What to do if your neighbor has termites? Or what if a termite inspection finds them in a woodpile or in a dead tree in your yard? These are difficult questions for a naive homeowner to answer. It is also not easy to get an objective answer to these questions from termite control companies because they are also in the business of selling termite control treatment. Just because your neighbor has termites, it doesn't mean that you do. And, it is not uncommon to find termites in firewood piles and old dead wood stumps.

It is very important for homeowners to learn as much about the signs of termites and termite damage as they can to be able to make intelligent decisions about this potentially serious and expensive insect pest. For more information about termites and termite control, refer to NebGuide G91-1062, "Termites" and publication EC 91-1556-B, "Subterranean Termites and Their Control". The Nebguide is free; the EC91-1556-B costs 50 cents. Both are available from the University Nebraska Cooperative Extension Office in Lancaster County. (BPS)

Mower wounds can kill trees

Injury and infection started by lawn mower wounds can often be the most serious threat to tree health on golf courses, parks, and home lawns.

Most arborists and tree pathologists have been aware of the lawn mower problem for some time. Extensive research has been conducted on the importance of wounds in tree health care. This research has led to significant adjustments in pruning, cabling, bracing and injection treatment.

Lawn mowers cause the most severe injury during periods when tree bark is most likely to slip; in early spring during leaf emergence and in early fall during leaf drop. If the bark slips, a large wound is produced from even minor injuries.

Most tree injuries occur when mower operators attempt to trim close to tree trunks. This can be prevented by removal of turf around trees or by hand trimming.



Care must also be used to avoid harming trees with weed whip trimming machines. They can do a great deal of damage to the bark, particularly on young trees.

The site of injury is usually the root buttress, since it flares out from the trunk and gets in the path of the mower. However, injury is also common on shallow roots and along the trunk area. Although large wounds are most serious,

repeated small wounds can also add up to trouble.

Wounds from lawn mowers are serious enough by themselves, but the wounded tree must also protect itself from pathogens that invade the wound. These microorganisms can often attack the injured bark and invade healthy tissue, greatly enlarging the affected area. Internal decay can result and then loss of the tree.(MJM)

Chinese golden-rain tree is hardy

A flowering tree that doesn't bloom in the spring? Right! It's the golden-rain tree (*Doelreuteria paniculata*), also known as the China tree and Pride of India.

This small to medium-sized tree (20-30 feet tall) is covered in July or early August with erect, graceful clusters of yellow flowers. These are succeeded by an abundance of one- to two-inch, bladder-shaped, papery, seed capsules that range in color from light yellow to brown. Leaves are compound, 12-14 inches long, with 15 leaflets. In the fall, they turn bright yellow.

The golden-rain tree is hardy in Nebraska, where it is adapted to most soils but does best in light, well-drained, sandy or gravelly soils.

This tree was introduced to the western world from China in the mid-1700's. It is most often grown as a multiple-leader tree — with a number of upright stems — but can be trained to a single trunk.

Multiple-leader specimens tend to be shorter and more umbrella-shaped.

In the home landscape, the trees are attractive as specimen trees or accents. They do best in full sun.

The golden-rain tree is relatively free of insect and disease problems. (DJ)

Termite infestations, damage and control

New era of sludge begins

First application culminates 10 years of planning

On May 6, 1992, the first truckload of organic sludge from Lincoln's wastewater treatment facility was delivered to farmland in Lancaster County. This event culminated a decade of planning by Lincoln's sanitary engineers to dispose of the city's organic wastes in a more environmentally sound manner rather than burial in the solid waste landfill. Recent federal legislation regulating landfill wastes make this land disposal of sludge an even more timely event.

This project is a cooperative effort between Lincoln, Lancaster County Health Department, Cooperative Extension personnel, and county farmers. Extension Agent Warder (Gus) Shires has been working with willing farmers to evaluate potential field sites as to their suitability for sludge application. Sites are rejected if too close to wells, waterways, and public water supplies. In addition, sludge will not be applied to land where plant foods for human consumption will be grown or too close to residential districts zoned R-1 to R-8.

On potential sites, deep soil

samples are taken before application to determine soil fertility needs as well as metals that may already be present in the soil profile. The amount of sludge applied will not exceed the fertility requirements needed for the next crop. Soil nutrients also will be evaluated after application. The organic waste has been tested for plant nutrient (N,P,K) levels as well as micronutrients and metals.

Treatment plant processed sludge is rich in fertilizer nitrate, phosphorus, potassium, and has moderate levels of zinc, copper and other required plant nutrients. Sludge also contains organic nitrogen that will be naturally converted to fertilizer nitrate and become available to crop plants for several years after application. After the sludge has undergone an anaerobic digestion procedure and heated to 90-95° F, the bacteria in the unprocessed sludge have been destroyed. Digested sludge also has a much less objectionable odor than unprocessed sludge. Before delivery, the sludge has been de-watered to about 78% water content and looks like good quality compost material.

Farmers who contract with the city will receive sludge, delivered free of cost, to a temporary storage site on the farm. The farmer, however, must have the equipment (a manure spreader) and the time to apply the sludge according to extension recommendations, or hire someone who can apply it to the field in a reasonable amount of time after delivery.

This project is a cooperative effort between the City of Lincoln, the County Health Department, the University of Nebraska Cooperative Extension Office in Lancaster County, and local farmers who can fit fertilizing with sludge into their crop management system. Careful monitoring of all aspects of this program will provide an excellent soil fertilizer/conditioner while reducing the concentrated disposal of organic wastes in the municipal landfill. Land application of sludge will also serve to increase the life of the landfill.

For additional questions about this project, or about how to receive sludge on your farmland, contact Warder (Gus) Shires or Barb Spike at 471-7180. (BPS)

Swine Diet Workshop saves producers \$\$\$

Feed is the largest single item among the costs of producing pork. On an average, it accounts for 60% of all costs and represents about



80% of the cash costs. Thus, it is important that pork producers provide high quality cost effective diets

to their pigs every day.

A swine diet formulation and cost analysis workshop will be conducted Wednesday, July 15, 9 a.m. - 4 p.m. to evaluate producer rations and to compute rations that can lower production cost and increase pig performance. The workshop will be held at the University of Nebraska Animal Science Complex. Participants in a similar workshop last January saved a projected average of 12 percent on feed cost per year by reformulation of diets at the

workshop.

At this workshop, Duane Reese, extension swine nutrition specialist, University of Nebraska-Lincoln, and Dave Varner, extension agent Agriculture, will present a nutrition program and consult with producers about diets. You will receive assistance in evaluating the following:

1. Do your diets contain more ingredients than necessary to meet the pig's nutrient needs?
2. Do your diets contain higher levels of nutrients than what you can afford?
3. Do your diets contain sources of nutrients (ingredients) that are more costly than available alternatives?
4. Have you properly switched pigs to less complex and/or less costly diets as they grow?
5. Do your diets contain feed additives (antibiotics, flavors, etc.) that cost more than they provide in

return?

The morning session will be used to assemble the required information for the calculations. Producers will need to bring complete feed usage records, cost of ingredients, complete feeds and diet formulations. Feed tags and nutrient analysis for all feeds being used and feeds that you might consider using will be needed at the workshop.

The afternoon session will be held in the computer laboratory to evaluate and calculate new diets for your herd. You will go home with diet calculations in hand at the conclusion of the workshop.

The registration fee for the workshop is \$15. The program used at the workshop will be available for a fee of \$25. Registration deadline is Friday, July 10. Please call 471-7180 to register. (DV)

Soybean stress injuries often appear to be diseases

Noninfectious or stress "diseases" are caused by factors other than pathogenic microorganisms such as bacteria, fungi, nematodes, or viruses. Noninfectious disease factors include excesses, deficiencies, or imbalances of soil nutrients or water; extremes in soil acidity or alkalinity; misapplication or drift of pesticides; temperature extremes; air pollutants; and mechanical or environmental injuries.

The severity and type of injury vary with the soybean growth stage, the time and duration of disturbance, and the plant part involved. Symptoms of noninfectious agents often are confused with those caused by infectious agents. In some cases, the stress condition can predispose soybean plants to attack by infectious agents. Recognizing the cause of the condition can help producers better determine whether treatment is necessary.

Ag Update

Agricultural News & Events

Don D. Miller, Ext. Agent, Chair
Warder Shires, Ext. Agent, Ag
David Varner, Ext. Agent, Ag
Barb Spike, Asst. County Agent



Plugging abandoned wells can save lives and precious groundwater

Free demonstrations begin in July

PLUG ABANDONED WELLS

REDUCE RISKS

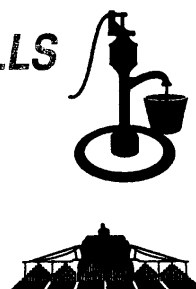
CHILD DANGERS



LIVESTOCK HAZARDS



WATER CONTAMINATION



For information:

Lower Platte South Natural Resource District 476-2729

University of Nebraska Cooperative Extension in Lancaster County 471-7180

DEMONSTRATION HERE: JULY

Lancaster County citizens can watch for this sign to be posted at the locations of abandoned wells to be plugged this summer. Demonstration dates and times will be posted at each site.

Three abandoned well plugging demonstrations are scheduled in July. The demonstrations will last one to two hours each and will show participants how to properly plug a well according to Nebraska state law. The site locations and demonstration times are: (1) Wednesday, July 22, 5 p.m., Hwy 34 & NW 140th, (2) Thursday, July 23, 7 p.m., 1 1/2 miles south of Hickman on 68th, and (3) Friday, July 24, 9 a.m., on Hwy 33, 1/2 mile west of SW 72nd Street.

Abandoned wells are direct pipelines that can allow contaminants such as sediment, bacteria, and chemicals to flow directly into our groundwater supply. Runoff that might enter an abandoned well can contain pesticides, fertilizers, livestock waste and other contaminants. These contaminants can eventually

show up in public or private wells used to provide drinking water. Abandoned wells are also a safety hazard to humans and animals. A child can easily fall into large diameter dug wells and irrigation wells. Abandoned wells are an accident waiting to happen.

The Nebraska Water Well Standards and Contractors' Licensing Act requires that abandoned wells be plugged. The Department of Health has developed regulations to guide the plugging of abandoned wells. Local well drillers and pump installers in cooperation with the Lower Platte South Natural Resource District and the University of Nebraska Cooperative Extension in Lancaster County will demonstrate the proper procedures at each site.

Proper plugging of abandoned wells costs some time and money. However, it is time and money well spent, when you consider the benefits which include protecting the quality of our groundwater supply and possibly saving a child's life. Plugging an abandoned well will benefit you and your neighbor now, but will also be appreciated by future generations.

Contact the University of Nebraska Cooperative Extension in Lancaster County to obtain a NebFact Sheet entitled "Plugging Abandoned Wells", NF 92-81. (DV)

Greenbug in sorghum

Sorghum growers should be alert to possible increases in greenbug numbers and damage during the next few weeks. Numbers of beneficial insects may be high in some fields and may effectively limit greenbug numbers in some cases.

In grain sorghum from six inches tall to preboot stage, consider treatment when greenbug colonies are beginning to cause red

Improve weed control after winter wheat harvest

Controlling weeds after winter wheat harvest is an ongoing challenge for Nebraska producers. A survey taken after winter wheat harvest in Nebraska, in 1986, showed



barnyardgrass and green foxtail were the leading summer annual grasses that infested winter wheat fields. Control of these species was inadequate in many fields (55% to 85%).

The effectiveness of weed control was associated with winter wheat variety, fertilizer practices, planting date, stem density, rotation, spraying when temperatures exceed 95 degrees F, and spraying the day it rained. Other reasons included: weeds were too large, the combine cut off weed tops, streaks caused by

sprayers, terraces, dust, and straw, chaff and weed seed distribution.

Many options can be used to improve control of the summer annual grasses besides increasing the rate of herbicides. It takes a total weed management package to obtain maximum weed control. Stands of vigorous winter wheat will compete better with weeds, thus concentrating on the fallow will pay dividends. Timely weed control, fertilizing if needed, proper seeding, planting during the optimum time, and selecting a competitive winter wheat variety will offer the winter wheat the best chances of reducing weed population and vigor after harvest. In addition, it's essential that you watch closely and spray at the proper time to control summer annual grasses. Most labels state that grasses must be treated before they are six inches tall. (WS)

Please turn to Stress: Page 8

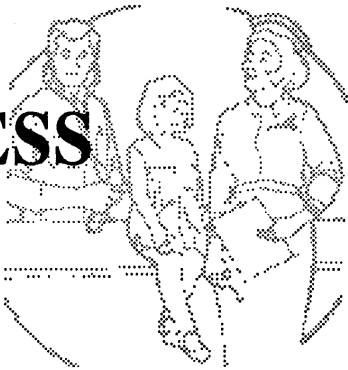
Please turn to Greenbug: Page 8



Home Extension News

Alice Henneman,
Esther Wyant
Extension Agents,
Home Economics
Lorene Bartos
Extension Assistant

HEALTH AWARENESS DAY



August 6, 1992
(Held during the Lancaster County Fair)
9 a.m. - 5 p.m.

State Fair Park—Farmland Building

Sponsored by the Lancaster County Council of Home Extension Clubs

Everyone is welcome!
No admission fee!
Invite your friends and neighbors!

Special Events

(Held adjacent to the Farmland Building on the west side)
•Fire Safe House—Get Out Alive—Home Fire Exit Drill
•Nebraska Lions Foundation Mobile Screening Unit
Offering blood pressure and blood sugar screening,
visual acuity and glaucoma screening and hearing testing

In the Farmland Building

- The Poison Center
- Bicycle Safety Jamboree
- Stroke—It Can Be Prevented
- Take the Challenge: Be a Leaner Eater
- Respiratory Care Cares
- Graying of America to Driver Safety
- Alcohol & Drug Abuse Prevention Education
- Youth and Traffic Safety/The Healthy Totline
- Cancer Prevention & Early Detection

- Hazardous Household Waste/Indoor Air Quality
- Lincoln Information for the Elderly
- Diabetes
- Every Drop Counts
- Protecting Our Groundwater
- Dairy Council
- Operation Lifesaver
- The Manic Depressive & Depressive Assn. of Nebraska
- Alcoholics Anonymous



UNIVERSITY OF NEBRASKA-LINCOLN, COOPERATING WITH THE COUNCIL AND THE U.S. DEPARTMENT OF AGRICULTURE
Cooperating with the public health and educational programs of the county, state, and federal agencies, and the U.S. Department of Agriculture



Food Guide Pyramid help
Americans design healthy diets

A recently revamped Food Guide Pyramid to make it easier for Americans to design healthful diets has been released by the U.S. Department of Agriculture.

The new pyramid was released after an extended year of additional study to determine the usefulness of the design as an educational tool with children and adults from a variety of economic, educational and social backgrounds. Based on studies, the design relays a message to consumers that healthy diets are based on variety, moderation and a proportional balance of foods from five basic food groups.

Nutrition educators now have a tool that supports the third edition of the Dietary Guidelines for Americans released in 1990. The Dietary Guidelines provide dietary advice intended for healthy Americans two years of age and

older. The Food Guide Pyramid reinforces the message in the first dietary guideline: Eat a Variety of Food.

The new pyramid replaces the wheel-shaped Basic Four Food Guide. New food groups include the five basic food groups plus a fats, oils and sweets group which should be used sparingly. The Food Guide Pyramid recommends six to 11 daily servings of breads, cereals, rice and pasta; three to five servings of vegetables; two to four servings of fruits; two to three servings of milk, yogurt and cheese; and two to three servings of meats, poultry, fish, dry beans and peas, eggs and nuts. All food groups are important for providing important nutrients. The new Food Pyramid guide encourages consumers to select lower-fat choices from each of the food groups. (AH)

Food Guide Pyramid
A Guide to Daily Food Choices

Fats, Oils, & Sweets
USE SPARINGLY

KEY
□ Fat (naturally occurring and added)
□ Sugars (added)
These symbols show fats, oils, and added sugars in foods.

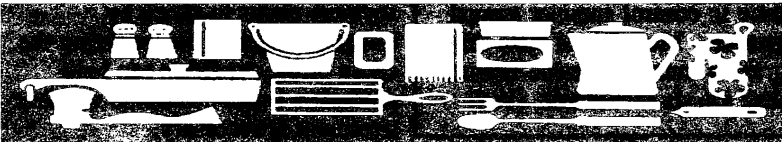
Milk, Yogurt, & Cheese Group
2-3 SERVINGS

Meat, Poultry, Fish, Dry Beans, Eggs, & Nuts Group
2-3 SERVINGS

Vegetable Group
3-5 SERVINGS

Fruit Group
2-4 SERVINGS

Bread, Cereal, Rice, & Pasta Group
6-11 SERVINGS



In Appreciation—from Esther

After nearly 27 years as extension agent in Lancaster County, I want to say THANK YOU to all who have made my career so meaningful. Words can't express how grateful I am to have been a member of the staff of Cooperative Extension in Lancaster County. I have enjoyed my association with the extension clubs and the opportunities to teach and sponsor a wide variety of classes and workshops — from microwave cooking, food preservation and reupholstering, to defensive driving and medical self-help, to terrariums and macrame. I have a huge bundle of memories that are bound up in my work calendars from 1965 to 1992. Thanks to all of you for the many good memories! (EW)

Home extension scholarship winners announced

Karen Lynn Hatting, Lincoln, a senior home economics education major at the University of Nebraska in Lincoln, was named the winner of the \$275 scholarship which is funded by the extension club members in Lancaster County. Karen has three children, including a daughter in college. She volunteers approximately six hours per week in helping teachers in the Lincoln Public Schools and maintains a 4.0 grade average in her course work at the university. She plans to teach home economics upon graduation.

Lori Ann Upton, daughter of Guy and Vicki Welton, Lincoln, is the recipient of the \$125 scholarship, also sponsored by the Lancaster County Home Extension Clubs, for a student enrolled in Southeast Community College. Lori Ann is majoring in Child Development and plans to work in a daycare setting or with a state agency for children after

completing college.

Janet L. Smith, Route 8, Lincoln, a member of the Plainview Extension Club, is the recipient of the homemaker scholarships provided by the East Campus Starrs Extension Club of Lincoln (\$200) and the Jolly Dozen Extension Club of Waverly (\$100). Janet is a substitute teacher for Lincoln and Bennet Public Schools and plans to attend UNL to renew her teaching certificate.

The scholarships were awarded on June 10 at the Lincoln Community Playhouse before an audience of 300 home extension members, families and friends. Nancy DeVries, chair of the Education and Scholarship Committee of the Lancaster County Council of Home Extension Clubs and a member of the Friendship Chain Extension Club, made the presentations. (EW)

1993 Home Extension Club lessons available soon

Training and materials will be available to group leaders in 1993 on the following lessons:

Enhancing the Self: Clothing for the Older Woman

Age does not change the need to look and feel attractive. Well designed functional and aesthetic clothing that fits may improve appearance, increase self-confidence, enhance self image and lead to social participation.

This lesson examines what happens to the female body as it ages, and identifies garment changes that are necessary to accommodate those physical body changes.

Nutritious and Creative Salads

This lesson will help members identify and design salads that will fit their nutritional needs and lifestyle. Emphasis will be placed on salads as a way of including vegetables in the diet in creative

Please turn to Club: Page 7

Veggie Pizza

Thanks to Lillian Hackstock of the Kramer Extension Club for this recipe. Enjoy the nutrition of summer vegetables with this versatile recipe.

2 tubes Crescent rolls spread on jelly roll pan, patting and stretching to fit. Bake at 350 degrees about 8 minutes until lightly brown.

1 - 8 oz. cream cheese

3 tablespoons dry Hidden Valley dressing mix

2/3 cup miracle whip

Mix these 3 ingredients and spread on cooled, baked crust. It might need thinning with milk. Top with fresh, crisp vegetables like broccoli, cauliflower, tomatoes, green onions, celery, carrots, etc.

Cover with plastic wrap and gently press vegetables into the filling. Refrigerate for 2 to 3 hours. Cut into squares. (LB)

55 Alive—
AARP Mature Driving Course to be held

Cy Miller, representative for the AARP Mature Driving Course, will be teaching 55 Alive, an eight hour class, on Monday and Tuesday, August 10 and 11, from 10 a.m. to 2:30 p.m. each day. Registration fee for the complete course is \$8.

Interested persons are asked to register for the class by phoning the extension office, 471-7180. Participants are asked to bring a sack lunch. Beverages will be available. (LB)

In memory of
Dorothy Cheuvront

On May 31, 1992, extension home economics lost a good friend. Dorothy Cheuvront loved to attend workshops, classes and, most of all, home extension achievement days. She was a home extension club member back in the 60's when she could still get around fairly well. Sixteen years ago Mrs. Cheuvront called the extension office and offered to teach classes in crochet, knitting, needlepoint and counted cross-stitch in her home, which she did for a several years. Her students not only learned her crafts, but enjoyed the richness of her sense of humor. Dorothy always looked forward to entering her crafts, including floral and dried arrangements, for exhibit in both the Lancaster County and Nebraska State Fair. She was a loyal exhibitor for a period of more than 50 consecutive years. Mrs. Cheuvront was a "Crafty Lady" and one who will be long remembered and admired for her courage, her artistic ability, and most of all, her genuine love of life. (EW)

Tip of the month

"Keep It Clean"

Clean aluminum siding by using a solution of 1/3 cup laundry detergent per gallon of water. Using a soft bristle brush, gently rub the siding. Avoid scrubbing too hard as the friction will cause the siding to lose its shine. Wash from the bottom up to reduce streaking, and rinse the siding as you go. Specialty cleaners may be available from the siding manufacturer to clean stubborn spots and stains.

Spandex or Lycra fabrics are popular in summertime pants, tops and swimsuits. These fabrics are perfect for summer activities because they stretch and conform to the body and are resistant to body oils and suntan oils/lotions. However, Spandex is susceptible to chlorine. Chlorine in swimming pools, as well as chlorine bleach used for laundering, will cause the fabric to become yellow and deteriorate. When laundering Spandex, use a warm water wash and tumble dry on air dry or low temperature settings, or allow the garment to air dry. Repeated drying in a dryer may cause the fabric to lose its elasticity.

Source The Soap and Detergent Association, 475 Park Avenue South, New York, New York 10016. (LB)

Take the challenge: be a leaner eater

Challenge ten: cooking to your heart's delight

The following is part of a year long continuing series on healthy eating. It is based on materials developed by Nebraska Project LEAN.

A researcher in heart health (Dr. William Castelli, Framingham Heart Studies) found that most Americans prepare the same ten recipes over and over. If you are like the typical American and your favorite dishes are high in fat, you have a challenge! The challenge is to skim the fat while you cook. There are at least two ways to do this:

1. Replace High-Fat Ingredients with Low-fat Ingredients

The chart below compares common high-fat ingredients with low-fat substitutions. Replace all or part of the high-fat food with low-fat food.

1/2 Cup Portions	Calories	Grams of Fat	% Calories from Fat
Instead of			
Sour cream	246	24	87%
Mayonnaise	800	88	100%
Substitute with			
Plain low-fat yogurt*	70	2	25%
Instead of			
Whole milk	75	4	48%
Half & Half	157	13	75%
Substitute with			
Nonfat skim milk	44	0	0%
Nonfat buttermilk	45	0	0%
Instead of			
Cream cheese	800	80	90%
Substitute with			
Low-fat cottage cheese**	100	2	18%
Instead of			
Whole eggs, one	80	5.6	63%
Substitute with			
Egg whites, two	65	0	0%
Egg substitutes, 1/4 cup	25	0	0%

* Yogurt contains a lot of water. When used as a substitute for sour cream or mayonnaise, it can make your food too watery. Prevent this problem by draining the yogurt through one or two layers of cheese cloth. Cheese cloth can be purchased in the grocery store.

** This substitution works best if the cottage cheese is pureed or blended.

You will be surprised how well substitutions work. But do keep an open mind; sometimes the low-fat versions will taste delicious but a little different from the original recipe. Try to prepare your new lower fat recipes most of the time.

2. Choose Low-Fat Cooking Methods

The following methods do not require added fat:

Microwave Barbecue/Grill Steam
Braise Roast/Bake Broil
Boil/Stew

Look for recipes that call for these cooking methods. To keep these methods low-fat, don't add fat while preparing; use the low-fat ingredients.

High-fat cooking methods include frying and sauteing. When a recipe calls for frying, try this instead: Begin with lean meat or poultry; cook in a nonstick pan. Drain the cooked meat on paper towels before serving. Skin the chicken before eating.

When a recipe calls for sauteing, try this:

Add only one or two teaspoons of oil to a nonstick pan. The small amount of oil gives flavor. Continue with the recipe; use low-fat ingredients.

Deep-fat frying produces very high-fat foods. To some people, the flavor is highly pleasing. If you use this method often, start now to try new recipes that use lower-fat cooking methods. Repeat the ones you like!

If substitutions in favorite high-fat recipes just won't do, eat smaller portions and enjoy the food less often.

Challenge:

1. Look at the list of ingredients for a meatloaf recipe given below. There are three steps you can take to reduce the fat; what are they?
- Meatloaf
Ingredients: 1 pound ground beef
1/2 cup bread crumbs
1 egg
1/4 cup milk
1. _____
2. _____
3. _____
2. If your favorite recipe just wouldn't be the same if you substituted a high-fat ingredient with a low-fat ingredient but you want to eat less fat, what can you do?
- (AH)
2. Other ways to reduce fat: prepare the recipe less often or eat a smaller portion. (AH)
1. Three steps to take to reduce fat: choose lean ground beef; use two egg whites instead of one whole egg; use skim/nonfat milk instead of whole milk.
- Answers to Challenge Activity:

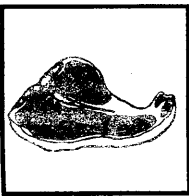
Refrigeration key to marinating meats safely

Marinating meats adds flavor and improves the tenderness of less tender cuts.

A marinade contains an acid which aids in tenderizing tough muscle tissue. Meats prepared on a grill may be marinated for several hours prior to cooking. Always marinate meat in the refrigerator, because the acid in the marinade is not enough to prevent potentially dangerous micro-organisms from growing.

Do not use uncooked marinade as a dip or sauce later, as it may contain juices from the raw meat that harbor harmful bacteria. The marinade, however, can be boiled and used.

When you place the marinated meat on the grill, get a clean dish to use for serving the cooked meat. If you use the same plate for the cooked meat, wash with warm soapy water before reuse. (AH)





Home Extension News

Alice Henneman,
Esther Wyant
Extension Agents,
Home Economics
Lorene Bartos
Extension Assistant

What's in an EFNEP lesson?

The Expanded Food and Nutrition Education Program (EFNEP) provides nutrition education to homemakers either in their own homes or in neighborhood or community group meetings. The curriculum is varied and includes topics such as; the daily food guide, food preparation, menu planning, infant nutrition, keeping food safe to eat, feeding children, buying food better and weight management. Lessons provide a variety of activities and suggestions, and can also include a food preparation experience. Some people take several lessons on menu planning, for example, and others may spend limited time on that skill. Lessons are based on information the homemaker feels she might benefit from the most, and upon completion of a series of lessons, graduation certificates are awarded.

Pretend for a moment that you have requested information on food preparation from your nutrition advisor. What might you expect when she comes to see you? First of all, she would come with a wonderful booklet for you that contains lots of food preparation information. She might also come with measuring cups and spoons, flour, a sheet of wax paper, a straight-edged knife and a recipe so you can practice correct measuring techniques and learn to interpret recipe terminology. For example, how many of you know the difference between the terms blend and beat? Do you know what roux is? Would you saute or fry in a small amount of fat? This is information she would be well-prepared to discuss.

Maybe, however, you asked her to show you how to stir-fry vegetables. If you have the vegetables, she can help you learn the cooking technique. Is master mix something your family would enjoy? Does your family microwave? Do you know how to conserve nutrients in the foods you prepare? Do you avoid waste when you cook and do you know how to prepare meat, vegetables, fruits, poultry, eggs and cereals in ways that are appealing to your family? The EFNEP nutrition advisor could help you with all of these questions. If you would like an EFNEP nutrition advisor to call on you, or know of someone who might benefit from EFNEP visits just call:

University of Nebraska Cooperative Extension
in Lancaster County
EFNEP
Phone: 471-7180

Try the following quiz from the food preparation lesson. How well did you do? Find the answers below.

Please turn to EFNEP: Page 7

Cost-cutting tips for the small business owner

- Laying off many employees to cut cost is usually not an option for small-business owners. If you are trying to trim the fat from your company's operating expenses, it is true that the little things count.
- Here are tips on how to make the little cuts that could save big bucks:
- Office supplies. Ordering supplies in smaller amounts can free up money that could be spent in other priority areas.
 - Inventory. Stocking inventory costs money, so keep only what is most likely to sell. Check with suppliers about the feasibility of special ordering single-items for expensive products rarely sold.
 - Staff. Make sure the business is not overstaffed, employing three bored workers rather than two busy ones. Cut down overtime, if possible. Be sure pay scale is in line with other businesses in the field and area.
 - Professional services. Negotiate with advisors to assure the best deal possible. Consider paying on a per-project basis rather than by retainer.
 - Health care. Some small businesses have successfully banded together to negotiate better insurance rates from providers. Explore options.
 - Telephone bills. Cut down on unnecessary long-distance or personal calls. Check out volume discount. Use 800 numbers whenever available.
 - Equipment. Buy or lease equipment that has only the features the company will realistically use.
 - Billing. Keep up on the billing - and collecting from - delinquent clients.

Try a wise credit idea

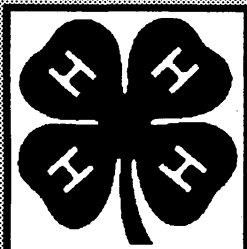
Many people have trouble keeping track of credit card purchases. At the end of the month they suddenly discover they don't have enough money to pay off the whole amount they've charged, and thus they incur the high interest costs of having the credit card company carry the balance.

To make sure you always have

Please turn to Credit: Page 7



More home economics news on page 7



The Cloverline 4-H News and Events

Maureen Burson
Extension Agent, 4-H
Arlene Hanna
Marilee Kuben
Dave Swartz
Extension Assistants, 4-H

4-H Horticulture Workshop

Vegetable ID and Judging

Guest Speaker: Susan Schoneweis, extension coordinator,
Home/Environmental Horticulture
Monday, July 13, 7 p.m.

University of Nebraska Cooperative Extension in Lancaster County

Contact: Mary Jane McReynolds

Please call by July 10 to register (MJM)

Growing Up...Growing Together Retreat - September 11-12, 1992

The Growing Up...Growing Together Weekend Retreat at the Eastern Nebraska 4-H Center near Gretna is designed for 11-13 year old boys and girls and their parent(s). The retreat begins Friday, September 11, 6:30 p.m. and concludes on Saturday, September 12, 8:30 p.m.

Participants will re-affirm a trusting relationship, enhance communication skills, increase knowledge of human sexuality and

increase understanding of their family values. The uniqueness of the retreat is the co-educational format in which any combination of parent(s) and children may attend. For example, mothers may attend with sons, fathers with daughters, both parents with one or more children. The program is modeled after the successful Growing Up Female retreats which have served over 300 people.

The retreat includes a variety of

outdoor activities including the Project Adventure Challenge Course. Resource presenters are Michael Keralis, M.D., Helen Goff, C.M.A., Eileen and Michael Curry, Russ Roberts, Maureen Burson, Cindy Hendricks, Susan Williams and Mary Nelson.

The cost per pair is \$50, which includes meals and lodging. Scholarships are available for limited resource participants. For more information, contact Maureen Burson. (MHB)

The forecast is for fashion!

The 4-H Style Revue Contest is scheduled for Wednesday, July 29 at the First Lutheran Church, 1551 South 70, 8:30 a.m. to 12:30 p.m. Pre-register through your club leader. Call the office to register if you are an independent member. An information letter will be

mailed to all who have pre-registered by Monday, July 20.

Teen Shopping Smart Style Revue judging will be in the afternoon. Teen Shopping Smart participants need to bring their completed record book with them, as this counts for 50% of the total

score. The record book is found in the back of the Teen Shopping Smart Manual.

The public style revue will be Wednesday, August 5, 7 p.m. at the Bob Devaney Sports Center. (MK)

Family Night Pork BBQ

Spend an evening with your family and friends at the pork barbecue Friday, August 7, 6-7 p.m. by the demonstration rooms at State Fair Park.

Tickets are available for \$2 from University of Nebraska Cooperative Extension in Lancaster County. Club leaders may check out tickets to be purchased by club family members and friends. Money and unsold tickets need to be returned to the extension office by July 30. (MK)

Are you a safe bicyclist?

Saturday, August 8 at 1 p.m. is the time set for this year's Bicycle Safety Contest. All 4-H members can enter the contest, even if they are not enrolled in the Bicycle Safety project.

Superintendent Marilyn Schepers reminds contestants that they must pre-register for the contest by July 20. Also, all contestants are required to wear a white shirt with 4-H identification. If you have questions about the skills tested, contact the extension office. (MK)

Show me! Tell me!

The demonstration contest will be held Thursday, August 6 beginning at 4 p.m. and Saturday, August 8 at 8:30 a.m. in the Demonstration Complex, Rooms C and D. A schedule will be mailed to those registered to give demonstrations.

Plan to come and watch Lancaster County 4-H'ers perform. 4-H members wishing to participate in the contest should contact their leader. Individual members may call Marilee at the extension office by Monday, July 20. (MK)

Join the parade

Imagine the smell of hamburgers on the grill - or the sizzle of sausage as it cooks to perfection! This will become a reality in the 4-H Rock Cafe at the 1992 Lancaster County Fair. All 4-H alumni, ambassadors, home extension club members and other interested volunteers are invited to assist in the food booths. The money earned will contribute to 4-H membership pins, and the camp counselor program. The food booths open on August 1 and remain in operation through August 8. The booth schedule includes three-hour shifts from 7:30 a.m. to 12 a.m. most days. Volunteers are in great demand, so bring your spouse, your parents, your friends and join the parade to work in the 4-H food booths. It will be great fun! To save your spot, call Arlene. (ALH)

4-H Rock Cafe

(South of the large animal arena in State Fair Park)

Enjoy hot food items from the grill as well as
the usual food booth treats!

Open these days of the Lancaster County Fair:

Saturday, August 1	7:30 a.m. - 9 p.m.
Tuesday, August 4	7:30 a.m. - 9 p.m.
Wednesday, August 5	7 a.m. - 10:30 p.m.
Thursday, August 6	7:30 - 12 a.m.
Friday, August 7	7:30 - 12 a.m.
Saturday, August 8	7:30 - 12 a.m.

Come and join us!!

For your convenience, the 4-H Snack Shack also will be open. (ALH)

Food Booth Volunteers please note:

What: Training for ALL Food Booth Volunteers
Where: State Fair Park, 4-H Rock Cafe (booth south of the large animal arena)
When: Thursday, July 23
Time: 2-7 p.m. (one-half hour sessions)

Please call 471-7180 to indicate which session you will attend. (ALH)

Notices

Interview Judging

4-H members exhibiting engineering, computer, home economics and general projects who wish to do interview judging should call the extension office to sign up for a five minute interview time on Tuesday, August 4. Interview judging will be held in the project display areas. (MK)

County Fair Teen Dance

Gather your 4-H friends and celebrate at the county fair exhibitors' dance on Friday, August 7 from 8:30 to 11:30 p.m. Parents - you are needed to chaperone, so please contact Arlene if you are willing to help. (ALH)

Who: Everybody!
What: Ice Cream Social
When: Friday, August 7,
6-8:30 p.m.
Where: Demonstration
Complex
Cost: 75 cents for a
cone or cup
Sponsor: Teen Council

HORSE BITS

State 4-H Horse Show

Congratulations to those 4-H members who qualified at the district show to participate in state level activities. These riders will compete at the 1992 Nebraska State Horse Exposition held July 13-16 in Grand Island. Lancaster County will also enter several team events including: public speaking, horse judging, horse bowl, hippology and demonstrations.

Schedule of activities include:

July 13 - Calf roping, dally roping, hippology contest, horse bowl, demonstrations and public speaking contest.
July 14 - Showmanship, halter classes, horse judging contest.
July 15 - All English and western level II and advanced classes, dressage and hunter hack classes.
July 16 - Reining, pole bending and barrel racing. (WLS)

Horse T-shirt Sales

The Lancaster County 4-H Horse VIPS Committee is sponsoring the sale of T-shirts styled for horse members to wear during the 1992 Lancaster County Fair. Clip out and mail in this order blank. The deadline for placing T-shirt orders is July 15. (WLS)

Lancaster County Fair

1992

Each T-shirt is \$12

Lancaster County 4-H T-shirt Order Form

Name: _____
Address: _____

Phone: _____
T-shirt size ordered XL _____ L _____ M _____

Each T-Shirt is \$12

Amount enclosed \$ _____ Check _____ Cash _____

Date ordered _____ Date issued _____

Checks should be made payable to:

Lancaster County Horse Program

Order forms & checks may be sent to:

Micheline Young
Vice-chair VIPS Committee
6231 S 30
Lincoln NE 68516

T-shirts will be handed out at check-in time at the fair.

THANK YOU FOR SHOWING YOUR SUPPORT FOR THE
LANCASTER COUNTY 4-H HORSE PROGRAM AND
LANCASTER COUNTY 4-H YOUTH. ALL PROFITS GO TO
SUPPORT THE LANCASTER COUNTY FAIR TROPHY FUND.

County Fair Horse Awards Activity Changed

The 4-H Horse Awards Activity which has been held on Thursday night of the Lancaster County 4-H Horse Show will be held this year during the week following the county fair. It will be held Tuesday evening, August 11 at the Lancaster Extension Conference Center. Full details will be in the August NEBLINE and information may be obtained through club leaders. (WLS)

Shooting sports are winners!

Two Lancaster County 4-H'ers brought home awards from the State 4-H and High School Trapshoot at Doniphan, Nebraska. Jason Minchow received the runner-up medal in the 18-19 yard trapshoot senior handicap competition while Todd Studebaker was the top 4-H individual in the junior high division with a score of 81/100.

The Lancaster County Shooting Sports Club was well represented with Damion Schepers, Aaron Schepers and Jason Minchow competing in the senior high competition. Junior participants were Justin Beal, Josh Day and



Junior trapshooting team: from left, Justin Beal, Josh Day, Paul Day (coach) and Todd Studebaker.



Senior trapshooting team: from left, Paul Day (coach), Damion Schepers, Aaron Schepers, Jason Minchow, and Jerry Minchow (coach).

Todd Studebaker. Paul Day and Jerry Minchow volunteered their time and efforts to coach and assist these youth with their shooting and safety skills.

The Lincoln Gun Club begins its fall trapshooting leagues July 22 and will operate for six weeks on Wednesday evenings. Interested youth can contact the gun club direct or Paul Day at 423-0621.

Youth interested in either rifle and pistol air guns or archery will have opportunities to get involved in the county-wide 4-H club this summer. Marilyn Schepers will be leading a pistol air gun group and can be contacted at 488-6113.

Fred and JoAnn Barker are instructing a rifle air gun group and can be contacted at 464-9019. Both groups conduct regular practice sessions at State Fair Park. Youth that would like to learn more about archery and enhance their skills may contact Dave Varner at the extension office. (DV)

Table Setting Contest

The Table Setting Contest is Friday, August 7, 9 a.m. in the 4-H arena. Call the office to pre-register by Monday, July 20 designating one of the following categories: picnic, casual, formal, holiday or birthday.

Participants are to display one place setting - include table coverings, dishes, glassware, silverware, centerpiece and menu. Members are to provide the card table for display. The tablecloth does not need to be the exact size of the table. We are interested in the color, texture and design.

The menu should be printed or typed by the 4-H member on a 4 x 6 card. The 4-H member should be familiar with the foods listed on their menu, including the color, texture, temperature, basic ingredients and preparation.

A new publication, "You, the Designer" is available at the

extension office to help you with this contest. "You, the Designer" covers table settings, menu planning and writing recipe cards, as well as the new food groups recommended servings. (LB)

Teen Council meeting and swimming party set

Final plans for county fair activities will be made at the Teen Council meeting/swimming party on Sunday, July 12 at 2:30 p.m. All of you are welcome, so - bring your friends and come to 3820 Loveland Drive (Jim and Marilyn Schepers' home), to make posters for the Teen Dance and Ice Cream Social and to finalize schedules for the Ice Cream Social and Food Booths.

Gather your creative ideas and join other teens in helping to make the county fair run smoothly. Bring your swim suits and towels and let's have some fun. If you have questions, contact Teen Council President Damion Schepers at 488-6113. (ALH)

Home Economics News continues

Credit

From page 5

enough money to pay off your monthly credit bill, enter the amount of each credit card charge in your checkbook register. Subtract that amount from your running balance even though you haven't written a check for the amount yet. This way you will have automatically set aside the funds to pay the credit card bill when it comes. Then all you have to do is send the check on time. (AH)



Club

From page 4

and attractive ways. Participants will explore salads from their own and other ethnic backgrounds and modify them to meet current needs. Participants will join together in designing an original salad and naming it after the club or group.

Using Positive Discipline to Build Self-Esteem

Self-esteem, or the lack of it, is governed by what we learn to believe about ourselves. The use of the positive discipline strategies promoted in this lesson can provide the supportive, safe, predictable, and accepting environment needed to strengthen the self-esteem of a child and has reciprocal potential for the interacting adult.

The Real Facts: Organ Donations

Why decide to share an organ for donation? How are donations received? Who are the primary

donors? Which organs and body parts are recognized in the national register and used in Nebraska? Which hospitals can provide organ donation services in the state?

How are family, legal, and physician arrangements handled? How about religious considerations and matters of faith? What ethical and moral considerations are involved? What financial support is available? Will my insurance coverage be involved or is this a free service?

Is it possible to handle an organ donation in a confidential manner without public knowledge now or later? Two programs centered in Nebraska, eye and liver transplants, will be highlighted. Agency and professional resources will be cited.

Dates lessons will be given will be available after August 15th. Lesson materials will be available after January 1, 1993. (LB)

4-H BULLETIN BOARD

- Practice Demonstration Day - Friday, July 10, 1:30 p.m. Call the extension office if you want help with your demonstration that day.
- Home Economics Judging Contest - Thursday, July 16, 1 p.m. Adult helpers are needed for monitoring and tabulation, call Marilee.
- There is still time to sign up for the remaining summer camps at the Eastern Nebraska 4-H Center. For more information or registration forms, contact Marilee.
- County and state fair animal entries are due to University of Nebraska Cooperative Extension in Lancaster County by Monday, July 20, 5 p.m., or postmarked by July 20. Late entries received from Tuesday, July 21 to Monday, August 3, will be assessed a \$5 (per exhibitor) late fee that must accompany the registration. Entries received after August 3 will not be accepted.
- Quad County Tree & Shrub ID Contest - Tuesday, July 21, 9 a.m.-2 p.m.
- Citizenship Washington Focus 4-H'ers are having a car wash to raise money for the June 1993 trip. Bring your dirty cars and vans on Saturday afternoon, July 25 to the NBC Bank lot at 40th and South Streets.
- Exhibitor numbers are required on all entries. These numbers have been mailed to organizational leaders and individual members. Members belonging to more than one club will have an exhibitor number from each club. It is important to use the exhibitor number from the club in which the project is enrolled.
- The 1992 Music Contest is Thursday, July 30, 7 p.m. in Kimball Recital Hall on the University of Nebraska-Lincoln City Campus, 1113 R Street. Entries are due in the extension office by Monday, July 20. Clubs entering the contest should bring two new cassette tapes on July 30 as judges will tape their comments for you to review after the contest.
- Youth planning to participate in the Lancaster County Fair Shooting Sports activities must be enrolled in the project under the leadership of a certified instructor.
- Fair Entry Day - Monday, August 3, 4-8 p.m. Enter all static exhibits (home economics, general, engineering, horticulture). Leaders or designated parents should make arrangements for all club exhibits. Exhibits will be released from 4-6 p.m. on Saturday, August 8.
- 1992 Fair Fun Day - Thursday, August 6, State Fair Park. This hands on fair tour is for kindergarten graduates through 4th graders. Reservations will be accepted on a first come, first serve basis through July 15. Call Maureen for more information.
- Do you have a dunking booth or know of someone who does? If so, contact Marilee at the extension office.
- Adults and teens can volunteer to serve in many roles for 4-H at the Nebraska State Fair, September 2-9. If you're interested, contact the extension office for an application form.

EFNEP

From page 5

Top of Range Cooking Terms

Directions: Write the correct cooking term beside its definition. Select from the following list of food preparation words.

Braise	Steam	Simmer	Boil	Scallop
Parboil	Roux	Blanch	Scald	

- _____ To cover with boiling water for a specific, brief time. A quick cold water rinse often follows the heat. Used to prevent spoilage during freezing, or to loosen skins for peeling.
- _____ To cook in liquid that is heated until bubbles rise to the surface and break. Bubbles form throughout the mixture.
- _____ To cook slowly in a covered pan with a small amount of liquid. Can be done on top of the range or in the oven.
- _____ To boil until partially cooked, usually in preparation for further cooking or processing.
- _____ A mixture of melted fat and flour used to make gravy or white sauce.
- _____ To bring to a temperature just below boiling so that tiny bubbles form at the edges of the pan. Sometimes done in a double boiler.
- _____ To bake food, usually cut in pieces, with a sauce or other liquid. The top may be covered with crumbs. Food and sauce may be mixed together or arranged in alternate layers in a baking dish.
- _____ To cook in liquid that is just below the boiling point. Bubbles burst before reaching the surface.
- _____ To cook in the vapor formed from boiling liquid. Pan must be tightly covered. Vegetable and dumplings are often cooked by this method. (LJ)

3. Braise	9. Steam	6. Scald	4. Parboil
2. Boil	8. Simmer	5. Roux	
1. Blanch	7. Scallop		

Answers

Prevent firework accidents

During the month of July, more people in our area as well as throughout the United States are injured and maimed by fireworks. Property damage incidents from fireworks also increases.

“Most fireworks-related accidents can be prevented by simply using some common sense and obeying a few easy-to-remember safety rules”, says Bill Montz Jr., fire prevention officer for the Southeast Fire Department.

The members of the Southeast Fire Department wish you and your family a happy and fire safe Fourth of July season, and with that in mind, we offer you the following fire safety reminders:

Children should only use fireworks under the direct supervision of a competent adult. Many needless and often disfiguring or deadly injuries occur when children are not supervised while using fireworks.

“Most fireworks-related accidents can be prevented by simply using some common sense and obeying a few easy-to-remember safety rules”

-Bill Montz Jr.

Serious clothing fires have occurred in the past from fireworks use. If your clothing catches fire, remember to stop, drop and roll. Never run, as this serves to fan the flames, thus making them much worse!

Be sure to buy only legal fireworks from reputable dealers. Contact your local fire department or the Nebraska State Fire Marshal’s Office (in Lincoln, 471-2027) if you have any questions about legal fireworks for your area. Reputable dealers will take the time to instruct you in the safe use of the legal fireworks you are purchasing.

Bill Montz Jr.,
Fire Prevention Officer
Southeast Fire Department

Stress

and subject to breakage in winds.

Heat canker is most likely to occur on seedlings subjected to periods of unusually high temperatures. Intense solar radiation can heat the soil surface to temperatures exceeding 140 degrees F and injure the tender, thin-walled and succulent stem tissues of young soybean plants.

Hail

Leaves injured by hail are torn and ragged; large areas of tissues may be beaten away. Stems may be cut off or broken or may have sunken, dark impaction sites that appear somewhat fibrous at their margins. Pathogenic fungi may colonize hail-damaged areas and produce other sorts of stem-girdling cankers or weaken stems. Most damage is usually on the side of the plant facing the prevailing winds of the storm.

Lightning

Lightning kills soybeans in nearly circular to widely irregular spots in the field, surrounded by a border of less affected plants. The lower parts of stems may be blackened, with many dead leaves still attached. The pith of such plants appears “cooked” or blanched. Lightning damage is sometimes mistaken for an infectious disease such as a root or stem rot. However, the two are easily distinguished because lightning damage (1) kills both the soybeans and the weeds suddenly, (2) leaves a clearly defined margin around the affected area, (3) does not spread into other parts of the field, and (4) lacks any sign or symptoms of pathogen involvement. (DV)

From page 3

The NEBLINE

Nebraska Cooperative Extension Newsletter
Lancaster County


The NEBLINE is edited by Mark D. Hendricks, Extension Assistant, Media and Jeff Gaskins, Extension Assistant, Marketing. It is published monthly by the University of Nebraska Cooperative Extension in Lancaster County, 444 Cherrycreek Road, Lincoln, Nebraska, 68528-1507. For more information, contact Mark Hendricks at (402) 471-7180.

Don D. Miller

Don D. Miller
Extension Agent, Chair, Lancaster County

Notice!!!

All programs and events listed in this newsletter will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted. Use of commercial and trade names does not imply approval or constitute endorsement by the University of Nebraska Cooperative Extension in Lancaster County.



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Greenbug

lower leaves of most plants. In grain sorghum fields where the plants are from boot to soft dough stage, consider treatment if greenbug colonies are present on most plants, before one lower leaf has been killed, and if parasite numbers are low (less than 20 percent of greenbugs are parasitized). Parasitized greenbugs are dead, swollen, and brown or tan in color. In forage sorghum, consider treatment when 25 percent of the lower leaves have greenbug colonies and are showing signs of damage.

Refer to the “Insect Management Guide for Nebraska Corn and Sorghum”, extension publication EC92-1509, for a list of insecticides registered for controlling greenbugs in sorghum. (DV)

From page 3

Nebline Feedback Form



In order to best serve our subscribers, this form will appear in every issue of the Nebline. You can use this form to:

- 1.-change your address and/or order a subscription
- 2.-register for events and programs sponsored by or held at the University of Nebraska Cooperative Extension in Lancaster County
- 3.-submit general comments and/or story ideas.

General Information (please print):

Name: _____

Address: _____

City: _____ Zip: _____

Home Phone: _____ Daytime Phone: _____

Workshop Registration

Register for Workshop/Program: _____

Date of Workshop/Program: _____

Time of Workshop/Program: _____

Number of registrations: ____ at \$ ____ each.

Payment enclosed?: _____

Please help make the NEBLINE your newsletter by letting us know what you would like to see in the NEBLINE, and how we can better serve your needs.

Newsletter Information

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Comment: _____

Story Idea(s): _____

Return to:

University of Nebraska Cooperative Extension in Lancaster County
444 Cherrycreek Road, Lincoln, Nebraska
68528-1507

Extension Calendar	
All programs and events will be held at the University of Nebraska Cooperative Extension in Lancaster County unless otherwise noted.	
July 1	• Ak-Sar-Ben Broiler Forms Due
July 6	• 4-H Livestock Booster Club 7:30 p.m. • 4-H Beef VIPS Meeting 8 p.m.
July 7	• Cass County Livestock Judging Contest, Cass County Fairgrounds 6:30 p.m.
July 9	• 4-H Rabbit VIPS Meeting 7:30 p.m.
July 10	• Saline County Lamb Progress Show, Crete • Practice Demonstration Day 1:30 p.m.
July 12	• Salt Valley Lamb Show, State Fair Park • Teen Council Swimming Party, 3820 Loveland Drive 2:30 p.m.
July 16	• Washington County Livestock Judging Contest, Washington County • Horticulture, Home Economics, General Judging Contest
July 18	• District Dairy Show, Beatrice
July 20	• County & State Fair Pre-Entries Due
July 21	• Quad County Tree & Shrub ID, Douglas County Extension 9 a.m. - 2 p.m.
July 23	• Food Booth Training, State Fair Park 2-7 p.m.
July 29	• Fair Superintendents Meeting • Style Revue Judging, First Lutheran Church
July 30	• Quad County Tractor Driving Contest, Fremont-Christensen Field 2 p.m. • Music Contest, Kimball Recital Hall 7 p.m.
August 4-8	• Lancaster County Fair, State Fair Park
August 6	• Health Awareness Day, State Fair Park (Farmland Building) 9 a.m.-5 p.m.
August 7	• Ice Cream Social, State Fair Park 6-8:30 p.m. • Teen Dance, State Fair Park 8:30-11:30 p.m.